

July changes [as of 7/18]	
C FUND	+ 2.98 percent
I FUND	+ 1.99 percent
S FUND	+ 2.29 percent

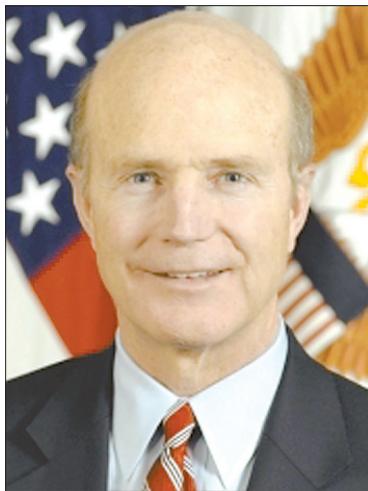
Geren confirmed as Sec. Army

WASHINGTON [Army News Service] -- The Honorable Pete Geren became the 20th Secretary of the Army July 13, following his nomination by President George W. Bush and confirmation by the U.S. Senate.

As Secretary of the Army, Geren has statutory responsibility for all matters relating to the U.S. Army: manpower, personnel, reserve affairs, installations, environmental issues, weapons systems and equipment acquisition, communications and financial management.

Geren is responsible for the Department of the Army's annual budget and supplemental [budget] of \$170 billion. He leads a work force of more than one million active-duty and reserve-component Soldiers, 230,000 Department of the Army civilian employees and 280,000 contracted service personnel. He has stewardship over 15 million acres of land.

Caring for Soldiers and their Families has been Geren's top priority since his days serving as the 28th Under Secretary of the Army. In an opening statement during his confirmation hearing last month, he reaffirmed that commitment.



The Honorable Pete Geren

"My year as Under Secretary of the Army taught me much -- my four months as Acting Secretary of the Army taught me much more," he said. "I have been inspired by the selfless service of our Soldiers and humbled by the sacrifice of their Families."

Geren was the Under Secretary of the Army until Feb. 21, 2006. He was named Acting Secretary of the Army March 9.

Geren joined the Defense Department in September of 2001 to serve as Special Assistant to the Secretary of Defense with responsibilities in the areas of inter-agency initiatives, legislative affairs and special projects. He also served as Acting Secretary of the Air Force from July to November 2005.

Before joining the Defense Department, Geren was an attorney and businessman in Fort Worth, Texas.

From 1989 until his retirement in 1997, Geren was a member of the U.S. Congress, representing the Twelfth Congressional District of Texas for four terms. He served on the Armed Services, Science & Technology and the Public Works and Transportation Committees during his tenure in the Congress.

RCI begins at West Point

By Irene Brown
Chief, Command Information

West Point held a Residential Community Initiatives kickoff meeting Tuesday, introducing RCI partner GMH Military Housing to planning staff members of the community. GMH will be responsible for the development, construction, maintenance and management of military housing here as early as July 2008.

"This project will improve the quality of life for Soldiers and their Families assigned to the U.S. Military Academy and West Point," said West Point Garrison Commander Col. Dan Bruno.

The project is expected to have a six-year initial development period with project costs valued in excess of \$160 million and covering approximately 628 housing units. The 50-year project will involve the development, management, construction and

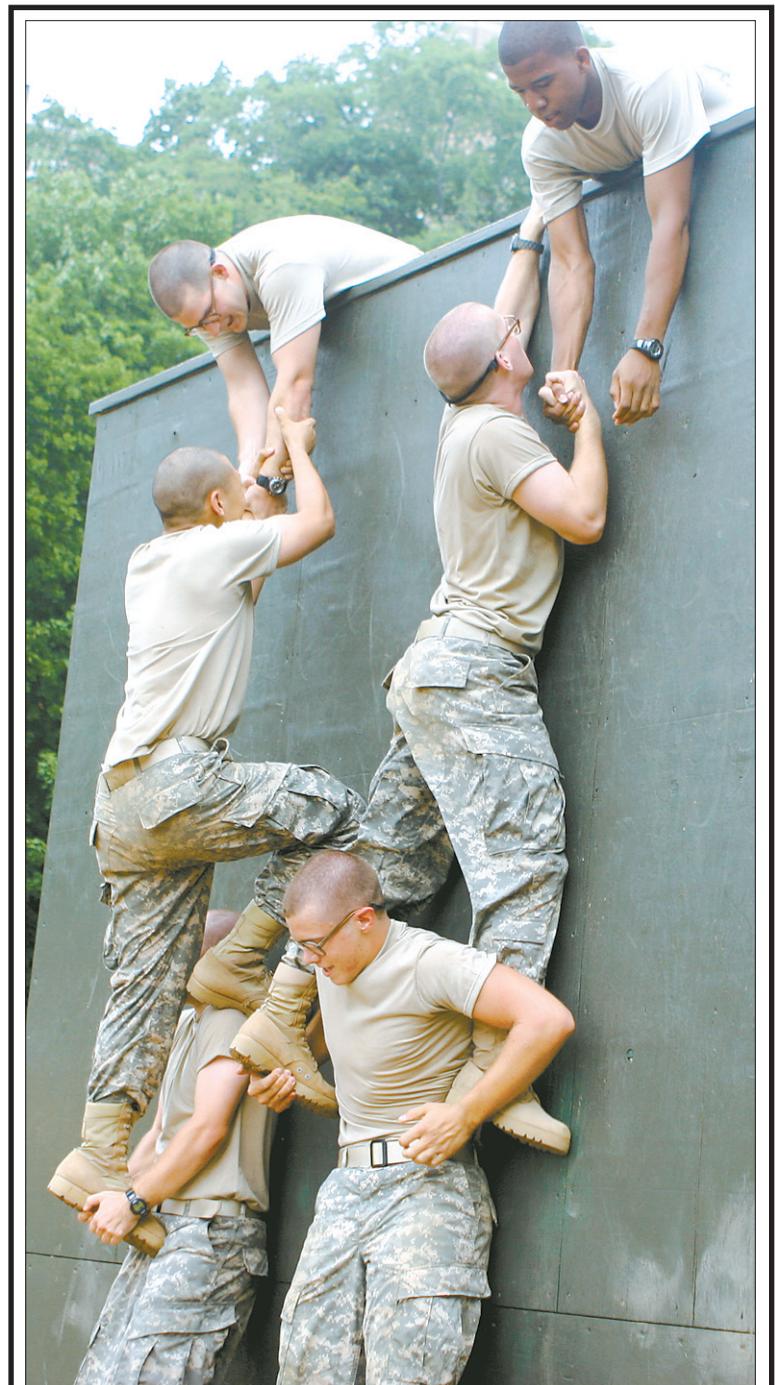
renovation of homes and other ancillary facilities and amenities to meet the needs of the West Point community.

"We are extremely honored to have been awarded this historic project and look forward to providing high quality housing communities to the military members and their Families at West Point," said Bruce Robinson, president of GMH's military housing division.

GMH is teaming with Balfour Beatty Construction Company to provide construction services for the project and Niles Bolton Associates for planning and architecture. John Culinane Associates will be responsible for all the historical properties here.

"West Point's RCI vision is to provide our community members and their Families with world-class housing and facilities," said Michael Colacicco, West Point's

See RCI on page 2



Cadet Basic Training

New cadets are in the midst of Cadet Basic Training, a six-week program designed to introduce them to life in the military. Here new cadets work as a team to scale a wall July 11. Teamwork is just one of the many aspects learned during CBT, which also includes basic rifle marksmanship, mountaineering and other military training. The half-way point of CBT, commonly known as 'Beast Barracks,' is Sunday. The Class of 2011 will be able to enjoy Cadet Visitation Day, where they visit with military Families to get yet another glimpse of what military life is like. KATHY EASTWOOD/PV

INSIDE



RETIREMENT PLANNING,
pages 6-7

DA changing way HR serves customers

By Irene Brown
Chief, Command Information

The Department of the Army is changing the way it provides human resource services to its customers.

Starting Aug. 5, employees currently providing West Point with staffing and classification services at the Northeast Civilian Personnel Operations Center at Aberdeen Proving Ground, Md., will be realigned under West Point's Civilian Personnel Advisory Center.

"The 10 employees will continue to work at Aberdeen, but will now fall under my supervision," said West Point CPAC director Carol McQuinn.

As positions in Aberdeen become vacant they will be



filled and located here, McQuinn added.

Employees who process personnel actions and maintain official personnel folders will remain under the control of CPOC. "We here at CPAC will

work diligently to minimize customer disruption as we transition to this new structure," she explained. "The goal is to become more responsive to our customers, reduce the number of employees who work on a given personnel action and be better able

to prioritize workloads to meet management needs."

The Army has also proposed that McQuinn assume responsibility for the CPAC staff at Carlisle Barracks, Pa., but they have made no decision on that proposal at this time.

RCI, cont. from page 1

RCI manager. "We have every confidence that GMH and their associates will work with us to achieve that goal."

GMH has developed, constructed, owned and managed real estate since 1985.

Today, the company has more than 27,000 privatized military housing units under lease and more than 1,200 employees.

SAPR-P

The members of the Sexual Assault Prevention and Response Program are Col. Jeanette McMahon, Shelley Ariosto [Garrison], Maj. Samantha Ross [USCC], Maj. Kim Kawamoto [ODIA] and Lt. Col. Robbie Williams [Dean]. Community members can e-mail McMahon at Jeanette.McMahon@usma.edu for advice or to offer any recommendations on the program here.

Cadets can also call the sexual assault support helpline at [845] 591-7215.

West Point Soldiers and civilians needing assistance can call [845] 938-3369.

Weekly Sudoku by Chris Okasaki, D/EECS

	4		5		3			2
2								4
1				9	2	5	7	
	8							5
				1				
9								8
	7	4	8	6				1
	1							3
8			1		9		6	

Rules: Fill in the empty cells with the digits 1-9 so that no

digit appears twice in the same row, column, or 3-by-3 box.

Difficulty: Medium

See Solution on Page 8

POINTER VIEW®

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BRAC places regional clinics under KACH's umbrella

By Eric S. Bartelt
Sports Editor

Keller Army Community Hospital has been affected by the Base Realignment and Closures since September 2006, as it added a number of subordinate elements under its command and control.

On June 1, KACH added the Patterson Health Clinic at Fort Monmouth, N.J., and the Walson Medical Support Element at Fort Dix, N.J., to other subordinate units from seven states in the New England, New York and New Jersey area.

While the subordinate units have grown since 2006, when Fort Hamilton was the first element to be affected by the BRAC, KACH has been working ever since to re-establish a primary care clinic serving the military population at Ainsworth Health Clinic at Fort Hamilton, N.Y.

"Fort Hamilton will grow with a new reserve center that's going to be built and opening there by the end of FY '08," said Col. Norvell Coots, KACH commander. "A lot of people live at Fort Hamilton who are associated with recruiting command and different [Active Guard and Reserve] positions. We're looking at attracting 700 or so Coast Guard folks from directly across the Hudson from Fort Hamilton. ... We want to integrate them into the clinic."

Integration is now the buzz word for Keller with the new additions of Fort Monmouth and Fort Dix under its command.

Fort Dix, which was inactivated as an active duty post in the 1990s, is currently a Most Operationally Strategically Relevant installation. Formerly designated as a Power Projection Platform, this means it's predominantly for mobilizing and demobilizing National Guard and reserve component members.

"This year alone they plan to mobilize and demobilize 22,000 Soldiers through there," Coots said.

Fort Monmouth closed its hospital and was going with a

large outpatient clinic, but due to the BRAC, Keller has taken command of its clinic for the next four years.

"We are taking them over until 2011, then we will gradually decrease operations of that clinic until it closes its doors. Fort Monmouth is scheduled to officially close and be turned over to [the Department of] Homeland Security," Coots explained. "One of the important roles that the Patterson Health Clinic plays is its support of the U.S. Military Academy Preparatory School. Certainly, until the Prep School migrates up here, we want to keep a robust operation going on down there."

What does this all mean for Keller when it comes to managing these medical support elements? It means frequent trips for Coots to visit each element, about every six weeks, to make sure the transition goes smoothly.

"We now have command and control over them. The budget is all centralized to us and then it's distributed to the subordinate commands," Coots explained. "The best analogy is that we are the brigade and they are our subordinate battalions. That's literally the parent/subordinate organization relationship."

The subordinate elements will also have to keep up with Keller Hospital's impeccable inspection record, as they have passed seven inspections within the last year.

Within the first couple months of Coots' taking command at Keller in 2006, they received a re-accreditation from the Joint Commission on Accreditation on Healthcare Organizations and a major Inspector General inspection from the North Atlantic Region Medical Command, Keller's higher headquarters.

"The results of our JCAHO inspection rated us as the best of the military hospitals that had been inspected in that cycle up



until that point. We had the fewest deficiencies," Coots stated, "and we had the best overall inspection, so that set us up to feel good about ourselves."

Other inspections included the U.S. Army Safety Center and the College of American Pathologists, which were part of a series of inspections that Coots said the hospital passed 'with flying colors.'

"Anytime you have an inspection, something is going to be identified that needs to be fixed or modified, so we look forward to these inspections to show us our vulnerabilities," Coots said. "But, actually what it did show us was that on a day-to-day basis we do our job very well because we know what we are doing, we account for our workload and we document our work, so we create a safe

environment for our patients."

All the inspection organizations send their subject matter experts. For example, JCAHO will send a doctor, nurse and a facilities person to inspect the hospital.

The importance of these inspections is to make sure the facility is kept up and that the patients are in a safe environment to improve their health.

"The staff loves working here and [loves] the mission to support the cadets and this community," Coots explained. "We had the highest rating in the North Atlantic Region Medical Command on patient satisfaction because the staff is very happy to be here. All staff members know this is their organization. It's almost like a large group practice and they are invested in it."

The motto, Coots said, for Keller Hospital is 'destination of choice, regional focus,' because many organizations now feed into West Point's hospital. The hospital

has always been the Army Medical Department's center for orthopedic sports medicine excellence, but now it's not just a 'West Point/U.S. Military Academy' community hospital anymore.

"Keller is no longer just sleepy Keller Army Community Hospital," Coots explained. "A lot of folks in this community have known this hospital as exactly that. We're here to support the cadets, staff and faculty and their beneficiaries."

"But, in the last year, this place has exploded into a major subregional medical headquarters for the entire New England states, New York and New Jersey," Coots added. "So we're no longer sleepy little Keller anymore."

CBT run Sat.

The Cadet Basic Training Regiment will hold a four-mile run Saturday from 5:30 to 7 a.m.

New Cadet Visitation Day is Sun.

New Cadet Visitation Day is Sunday from 1:30 to 5:30 p.m.

The staff and faculty may sign-up on the USCC Web Page, www-internal.uscc.usma.edu.

Sponsors should report to the

bleachers on The Plain, no later than 1 p.m. and should look for seating in the sections according to their last names.

For more info., contact Steve Stokilo, USCC S-3 at 938-8804.

Community Features and Photos

ONAP events

Aug. 1

Superintendent's Seminar

Robinson Auditorium
8:30 a.m. to Noon
[Be seated 15 minutes prior.]

Lunch

Noon to 1:30 p.m.
[on own]

Small Group Discussions

1:30 to 3:30 p.m.
Thayer Hall classrooms

Community Wellness Fair

Eisenhower Hall Ballroom
6 to 9 p.m.

Superintendent's and Garrison Commander's Community Welcome

Eisenhower Hall Theater
7 to 8 p.m.

Aug. 7

Superintendent's Reception

West Point Club
Grand Ballroom
3 to 5 p.m.

Fortification Tours

As part of the Orientation of Newly Arrived Personnel, West Point Fortification tours will be offered Monday and July 27 from 8 a.m. to 1 p.m. beginning at South Dock.

Anyone interested should contact the History Department's Melissa Mills at 938-3561.

Wear comfortable attire -- you will be walking.

Submitted by the USAG West Point Safety Office

Just take a quick look at the weather conditions nationwide and it seems that any condition is possible, and predictability is more difficult. Therefore, we are taking this opportunity to provide a few reminders about a killer -- the lightning/thunderstorm.

This is the time of year when we are confronted with these storms. The following safety tips, provided by the National Oceanic and Atmospheric Administration, can help you prepare for these weather conditions.

Lightning causes around 100 deaths in the U.S. annually [more than hurricanes and tornadoes combined].

Some general lightning safety rules are:

■ When inside, avoid using the telephone [except for emergencies] or other electrical appliances. Do not take a bath or shower.

■ If caught outdoors: Go to a safe shelter immediately. -- inside a sturdy building or hard-top automobile with the windows up.

■ If you are boating or swimming, get out of the water immediately and move to a safe shelter away from the water.

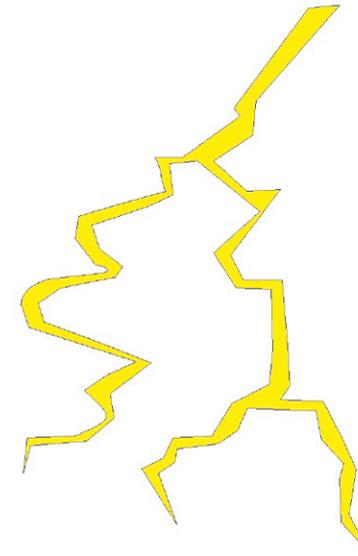
■ If you are in a wooded area, seek shelter under a thick growth of relatively small trees.

■ If you feel your hair standing on end, squat with your head between your knees. Do not lie flat.

■ Avoid: isolated trees or other tall objects; bodies of water; sheds; metal fences; convertible automobiles; tractors; motorcycles; hilltops and ridges; open fields

and sports fields; areas on top of buildings; parking lots and tennis courts; flag poles; railroad tracks and overhead wires.

■ If you are golfing, put your



golf clubs down and get away from the golf-cart.

If thunderstorms are predicted, stay alert and listen for storm watches or warnings.

Look for towering thunderheads, darkening skies and increasing winds as your signal to take shelter.

Be prepared and be safe instead of sorry.

Delivery problems?

For PV home delivery problems contact Valerie Mullane at the Poughkeepsie Journal at [845]437-4730 or by e-mail at vmullane@poughkee.gannett.com.

ARTS FOR VETS program offers summer writing, stone wall workshops

By Megan E. Cooke
Program Coordinator
Arts for Vets

The Arts for Vets program announces summer offerings. We are offering a writing workshop and a stone wall workshop. All workshops are free to veterans and their immediate families.

Vets write

To encourage veterans and their families to share their reflections of service and the home front, veterans living in Orange County are invited to learn more about how to tell the stories and the memories of their time in the military. Workshops are being offered in how to write down the memories, how to finish stories as fiction and non-fiction and how to use pictures and souvenirs as triggers for writing.

All veterans have snapshots of their experiences, images that may be in a digital camera, on video or simply engraved in their memories.

Perhaps they carried home an object that triggers recollections. Behind every image or object is a story, or, in some cases, many stories. By writing these down, vets can help themselves and others understand the answer to the questions, "What was it really like over there? What was it like coming home?"

Experienced writers will lead these introductory workshops designed to jump start the writer in all of us through simple exercises and short examples from published short stories, memoirs, poems and correspondence from the front. Each introductory workshop is limited to 12 participants. No writing experience is necessary and no commitment beyond the first workshop is required.

Workshops are free and open to veterans, as well as adult members of their immediate families. The two-and-a-half hour sessions are scheduled for the following dates:

Thursday from 7 to 9:30 p.m. at

Museum Village, 1010 Route 17M, Monroe, N.Y.

August 4 from 10 a.m. to 12:30 p.m. at The National Purple Heart Hall of Honor, New Windsor Cantonment State Historic Site.

August 16 from 7 to 9:30 p.m. in Monroe.

Facilitators, all with writing and teaching experience, are: Mary Makofske, retired professor of English [SUNY Orange], poet and fiction writer; Geoff and Carole Howard, retired consultants and writers; Gretchen Gibbs, professor of psychology [Fairleigh Dickinson University] and fiction writer; Donna Spector, retired English teacher [Vernon High School], playwright, poet and fiction writer and Lois Karlin, consultant, former

teacher and mystery writer.

"Whether people want to preserve their experience for themselves, for their spouses, for their children and grandchildren, or for a wider audience, the workshops provide the opportunity and encouragement to write," Makofske said. "It's a chance to tell one's own truth."

Vets Write is offering these sample workshops in hopes that they will lead to writing groups or future specialized workshops such as "Stories from the Home Front," "Back Home Again" or "Snapshot Stories" based on photographs. "We're keeping it flexible to see what direction people want to go with their writing," Karlin said. "Participants may come up with suggestions we

haven't thought of."

The art and craft of the stone wall

Mason and stone artist Bob Hilfiger is teaching this workshop where participants will be rebuilding the stone wall at the Veteran's Cemetery in Goshen and the stone wall at The National Purple Heart Hall of Honor in New Windsor.

There is no charge for workshops for veterans and families.

Workshops are scheduled for: Aug. 11 from 8 to 10 a.m. at the Veterans Memorial Cemetery, 111 Craigville Road, Goshen, N.Y.

For more info., or to register for a workshop, call Arts for Vets Program Coordinator Megan Cooke at [845] 469-8111 or e-mail artsforvets@hotmail.com.

Retirement planning and the retirement process

By Tammy Flanagan
National Institute of
Transition Planning
Govexec.com

If you are planning to join what Office of Personnel Management Director Linda M. Springer calls the federal "retirement tsunami" this year, then you may have some questions about the actual process involved, such as, "When should I turn in my application?" and "When will my checks start arriving?" From my experience with soon-to-be retirees, I have compiled a list of common concerns from those who have set a date and are enjoying [hopefully] their final days on the job.

When should I turn in my retirement application?

In larger agencies, applications under either the Civil Service Retirement System or the Federal Employees Retirement System generally are turned in 60 to 90 days prior to the chosen retirement date. In smaller agencies [less than 3,000 to 4,000 employees], 30 days is probably sufficient. To be on the safe side, ask your human resources office what they would recommend.

There are some things that the personnel office must do before you retire to be sure your service history is properly documented and your insurance coverage will continue. If you simply wake up one day and decide to retire, your application still will get processed -- just not as quickly as you might like.

What forms do I need?

Your HR office can provide you with the necessary forms and publications to help you make a smooth transition. Here are some that are online:

- CSRS Application for Immediate Retirement [SF2801]
- FERS Application for Immediate Retirement [SF3107]
- TSP Request for Full



Withdrawal [TSP 70]

■ TSP Request for Partial Withdrawal When Separated [TSP 77]

■ Request for TSP Materials for Separated Participant [TSP 72]

■ Applying for Social Security Benefits [<http://www.ssa.gov/r&m2.htm>]

■ Continuation of Life Insurance [SF 2818]

If I change my mind, what is the latest I can ask for my retirement request to be rescinded?

Retirement is considered a voluntary action similar to a resignation. If you change your mind on the last day, you have the option to stop the presses and continue your employment. The only exceptions would be if you accepted a buyout, if you are subject to mandatory retirement [that includes law enforcement officers, firefighters and air traffic controllers] or if you are retiring under discontinued service retirement [due to factors such as an agency reorganization or your job being abolished].

If I am going to combine my military career with my civilian career, how do I waive my military retired pay?

If you are considering this option and need more information, check out my column Mixing Civilian and Military Retirement [June 30, 2006 at www.govexec.com/dailyfed/0606/063006rp.htm]. If you want to waive your military retired pay to receive credit for military service in the computation of your CSRS or FERS benefit, you should write the Military Retired Pay Operations Center at least 60 days before your planned retirement.

Here's the address:

**Defense Finance and Accounting Service
U.S. Military Retirement Pay
P.O. Box 7130
London, Ky., 40742-7130**

Or you can fax your request to 888-469-6559.



What if I owe money to my employer when I retire?

You may owe your agency money for outstanding travel advances, overpayments of salary, failure to return government property or damage to such property or advanced leave. You should resolve these before you retire.

If you have a health care flexible spending account, it will terminate as of the date of your retirement. There are no extensions. Any expenses incurred prior to the date of separation will be reimbursable, but those afterward are not. If you used your entire elected amount before it was deducted from your account, you will not be responsible for the remaining payments. You can continue to use the remaining balance in a dependent care flexible spending account until the end of the benefit period or until your account balance is used up, whichever comes first.

How do I apply to withdraw my Thrift Savings Plan funds?

You must apply directly to the TSP. You can't choose to withdraw your funds until after your agency has notified the TSP that you have left the government [usually within 30 days of your separation]. You are required to withdraw your account balance in a single payment, begin receiving monthly payments or start receiving annuity payments by April of the later of:

- The year following the year you become age 70.5.
- The year following the year you separate from federal service or the uniformed services.

You will have a variety of options. See Withdrawal Options [March 14, 2006], Life Expectancy vs. Life Annuity [April 6, 2007] and TSP Withdrawal Quiz [April 13, 2007].

You should allow several weeks from the time you submit your



request until payment is sent. It could take longer if the agency delays in reporting your separation, if you have an outstanding TSP loan or if you submit forms that are not properly completed. If you are using the TSP Web site to complete your form, you will not be allowed to begin the process unless your TSP record indicates that you have left the government and have no outstanding loans.

How do I apply for Social Security retirement?

You should apply for Social Security about three months before you want your first check. You can make an appointment with a claims specialist in your local Social Security office by calling 1-800-772-1213, or you can apply for benefits online at the Social Security Web site [<https://s044a90.ssa.gov/apps6z/ISBA/main.html>].

When applying for Social Security, CSRS retirees need to be aware of the Windfall Elimination Provision and the Government Pension Offset. To learn more about them, see Offsetting Penalty [June 9, 2006] and Gone with the Windfall [Sept. 1, 2006].

What do I need to do to continue my health benefits?

Your human resources office will determine if you are eligible to remain in the Federal Employees Health Benefits Program. This will be done after you turn in the retirement application, during the review of your personnel records. If you were covered under someone else's FEHBP or military health care plan [CHAMPUS or TRICARE] during the last five years of your career, be sure your HR office knows this. They will include a notice with your retirement application to the Office of Personnel Management to let them know which insurance coverage you will continue. The premiums will be deducted automatically from your CSRS or FERS retirement benefit. If you want to review the requirements for maintaining this valuable benefit, see Ensuring a Healthy Retirement



[June 16, 2006].

What do I need to do to continue my Federal Employees Group Life Insurance?

Your retirement application includes a form to continue FEGLI coverage. You have to choose how much life insurance you wish to maintain.

To review the possibilities, see Life Insurance Options: Part One [Sept. 15, 2006] and Life Insurance Options: Part Two [Sept. 22, 2006].

What about the two newer benefits programs: long-term care insurance and dental and vision benefits?

Your current Federal Employee's Dental and Vision Insurance Program coverage will continue when you retire. Retirees can choose to change dental or vision plan coverage during an open season. You can sign up for these benefits even if you didn't have them before retirement.

If you have long-term care insurance, you will need to contact the company that oversees the program, Long Term Care Partners, to let them know you are retiring. Deductions will not automatically transfer from your agency to your retirement system -- you need to take action. You can contact Long Term Care Partners' customer service center at 1-800-LTC-FEDS [1-800-582-3337].

As soon as they hear from **See RETIREMENT PLANNING on page 7**



RETIREMENT PLANNING cont. from page 6

you, they will work with your retirement system to set up premium deductions from your annuity. You can also choose to start long-term care coverage after you retire.

Can I change health plans when I retire?

Simply retiring does not create an open season to make changes in your FEHBP coverage. But retirees who move outside of the area covered by their plan may enroll in a different plan covering their new location and OPM may announce special open seasons affecting members of specific plans only. Becoming eligible for Medicare creates another opportunity to change FEHBP coverage.

If you marry, divorce or become widowed after retirement, you may also change FEHBP coverage within 60 days following such an event [or up to 30 days before]. Retirees participate in annual FEHBP open seasons in the same manner as employees.

How do I deal with tax withholding from my retirement checks?

Most of your retirement income will be subject to income tax withholding. This includes your CSRS and FERS retirement benefits, TSP monthly or lump sum withdrawals and Social Security [depending on your adjusted gross income].

If you do not complete a tax withholding form when you apply for retirement, you may contact the agency overseeing each of these benefits to change your withholding election.

The National Active and Retired Federal Employee Association has an online guide to state taxation of federal retirement benefits [<http://www.narfe.org/departments/hq/guest/articles.cfm?ID=732>].

Do I receive a retirement check or are the funds deposited directly into an account I designate?

Technically, you can still receive a paper check, but the Treasury

Department recommends you sign up for direct deposit. About 80 percent of federal benefit payments are now made by direct deposit.

If you will be living outside the United States after retirement, you may not be able to choose direct deposit.

Many retirees choose to have their payments deposited in a U.S. bank and use ATM withdrawals, checks or online banking services.

Do I have to make new beneficiary designations when I retire?

No. The selections you made as an employee for CSRS, FERS, FEGLI and TSP benefits will follow you into retirement.

If you wish to update your beneficiary designations, you will need to complete a new set of forms. To learn more, see Who's Your Beneficiary? [May 12, 2006].

How long before my retirement checks start to arrive?

There may be an interim period between your last paycheck and the arrival of your first retirement check.

To prepare for this, you may want to have some extra cash available. Many employees use their lump sum annual leave check to cover expenses while waiting.

To learn more about choosing a retirement date and maximizing your lump sum leave check, see Best Dates to Retire 2007 [Nov. 3, 2006].

[**Editor's Note:** Flanagan is the senior benefits director for the National Institute of Transition Planning Inc., which conducts federal retirement planning



Delivery problems?

For PV home delivery problems contact Valerie Mullane at the Poughkeepsie Journal at (845) 437-4730 or by e-mail at vmullane@poughkee.gannett.com.

workshops and seminars. She has spent 25 years helping federal

employees take charge of their retirement by understanding their

benefits. Her columns are archived on Govexec.com.]

What's Happening

Blood Drive kick-off meeting location change

There will be a Kick-off Campaign meeting today from 2 to 4:30 p.m.

The meeting, which has been moved from Bldg. 626 to Bldg. 683, in Room 10 in the Education Center Bldg., is in preparation for the upcoming Hudson Valley Blood Services Program Aug. 20-23 Blood Drive.

Harry Potter reservations

Come by the USMA Bookstore at Thayer Hall to put in your reservation for the newest Harry Potter book "Harry Potter and the Deathly Hallows" by J.K. Rowling.

The book is due out Saturday, but will not be available at the bookstore until Monday.

Anyone interested should complete a form at the cashier's booth.

The USMA bookstore, located in Thayer Hall on the fourth floor, is open from 8 a.m. to 4 p.m., Monday through Friday.

Red Cross job opening

The West Point Red Cross has an opening for a full-time salaried Community Development Associate.

Send resumes to the West Point Red Cross or call [845] 938-4100.

Crandall Pool closed

Crandall Pool in the Arvin Cadet Physical Development Center will be temporarily closed until Sept. 5.

Delafield and Round Ponds are open.

Call 938-5158 for more information.

Puppies Behind Bars

Puppies Behind Bars is hosting training sessions at West Point Monday from 6:30 to 8:30 p.m.

This session will train volunteers to help these young dogs socialize to the sights, sounds and experiences they can't get in prison.

Once trained, the pups become service dogs for disabled civilians or service members and can even become explosive detection canine. Call [212] 680-9562 to sign up.

OHS parents meeting

There will be a meeting for parents of O'Neill High School students Tues. at 7 p.m. at OHS

to discuss fund-raising for sports, clubs and extra-curricular activities due to the contingency budget.

The district is also looking to start a booster club.

PWOC

Summer playground fun sponsored by the Protestant Women of the Chapel is Wed. at the Lee Road playground.

Everyone is welcome.

We will meet from 9:30 to 11 a.m.

Look for the balloons and bring water and sunblock for your children.

Upcoming Triathlons

The 3rd annual Kid's Triathlon is Aug. 18 and the 18th Annual West Point Triathlon is Aug. 19 at

Camp Buckner. Register for both at active.com.

Mine Torne Road closures

Mine Torne Road will be closed at various times this summer during Cadet Summer Training.

Convoy training will be conducted until July 27 and from July 30 to Aug. 3 and Aug. 7 and from Aug. 9 to 11.

On these days MTR will be closed from 6 a.m. to 8 p.m.

Annual Cadet Anthony Severo 5K Run/Walk

The 2nd Annual Cadet Anthony Severo 5K Run/Walk will be held Sept. 30 at the Parkland High School Cross Country Course in Allentown, Pa.

Registration begins at 9:30 a.m. and the race begins at 11 a.m.

All proceeds will benefit Students Against Destructive Decisions and the Parkland Wrestling Scholar Athlete scholarship fund.

The purpose of this run is to bring awareness and education to "Driving After Drinking."

For more information contact Larry Severo [610] 398-3296 or e-mail severoe@aol.com.

Solution to Weekly Sudoku

7	4	6	5	8	3	9	1	2
2	9	5	6	7	1	3	4	8
1	3	8	4	9	2	5	7	6
4	8	7	9	2	6	1	3	5
5	6	3	7	1	8	4	2	9
9	2	1	3	5	4	6	8	7
3	7	4	8	6	5	2	9	1
6	1	9	2	4	7	8	5	3
8	5	2	1	3	9	7	6	4

NOW SHOWING

in the movie theater at Mahan Hall, Bldg. 752

Friday -- **Ocean's 13, PG-13, 7:30 p.m.**

Saturday -- **Knocked Up, R, 7:30 p.m.**

July 27 -- **Nancy Drew, PG, 7:30 p.m.**

July 28 -- **Fantastic Four: Rise of the Silver Surfer, PG-13, 7:30 p.m.**

The theater schedule can also be found at www.aafes.com.

U. S. Military Academy Band West Point, New York

Music Under the Stars

Concert Band, Celebrating West Point with the Alumni of the Cadet Glee Club, July 22, 7:30 p.m. (Inclement site Eisenhower Hall).

Jazz Knights, Guest Saxophonist Chris Vadala, July 29, 7:30 p.m. (Inclement site Eisenhower Hall).

Jazz Knights, Guest Bassist Lynn Seaton, August 5, 7:30 p.m. (Inclement site Eisenhower Hall).

Trophy Point Amphitheatre

Free and Open to the Public

See schedule at www.usma.edu/band or call 845-938-2617

**West Point Schools
Start-of-School****Dates****Aug. 13 and 14**Reading Screening for NEW
selected First Grade Students**Aug. 14, 4:30 p.m.**ELEMENTARY New Student
and Parent Orientation
[WPMS Auditorium]**Aug. 15, 1 p.m.**MIDDLE SCHOOL New Student
and Parent Orientation
[WPMS Auditorium]**Aug. 15, 3:30 p.m.**Class Lists for Grades K - 4
posted [WPES Front entrance]**Aug. 16, School Begins**Grades 1- 4 -- **8:35 a.m.**
Grades 5- 8 -- **7:45 a.m.****Aug. 16, 9 to 10 a.m.**Kindergarten Parents and
Students Open House
and Orientation Meeting
[Kindergarten classrooms]**Aug. 23, 4:30 to 6 p.m.**ELEMENTARY Open House
for Grades 1 - 4**Aug. 30, 4:30 to 6 p.m.**MIDDLE SCHOOL
Open House**Golf tournament**Signups are ongoing for the
two-person team championship
July 28-29 at the West Point Golf
Course.This two-day, two-person, major
championship tournament will use
the Pinehurst scoring format.The start time is 6:30 a.m. and is
limited to 60 teams on a first-come,
first-served basis.Registration ends at dusk
Thursday.For more information, call
938-2435.**Community Fair Aug. 1**

The annual USMA Community

and Wellness Fair is Aug. 1 from 6
to 9 p.m. in the Eisenhower Hall
Ballroom.The fair promotes individual,
family and community wellness.
Meet with representatives from
agencies, clubs and organizations
from West Point and the local
community.Free child care and Youth
Services are available from 6 to
9 p.m.

Call 938-3487 for more info.

Bike Rodeo Aug. 4The annual Bike Rodeo is Aug.
4 in the West Point Post Exchange
parking lot from 10 a.m. to Noon.This free event is open to all
children who reside at West Point
and Highland Falls.

Meet McGruff the Crime Dog

and learn about bike safety and
security.

The rain date is Aug. 11.

Call 938-3312 for more info.

At Your Leisure**MWR Blurbs****DPW Notes****D-Lot Paving**D-Lot will be paved on or
about July 31. Residents with
registered boats, cars, trailers and
recreational vehicles currently
stored in D-Lot [northwest of
Michie Stadium] must remove
their vehicles by July 30. Call 938-
4407 for more information about
relocation areas.**Command
Channel
8/23****July 20 - July 27****Friday**8:30 a.m. **Army Newswatch**
1 p.m. **Army Newswatch**
6 p.m. **Army Newswatch****Monday - July 27**8:30 a.m. **Army Newswatch**
1 p.m. **Army Newswatch**
6 p.m. **Army Newswatch**

Army and Community Sports

WP Volkssport "Walk For The Gold"

By Nancy Patrick
VCWP

"Walk For The Gold" was the theme of the American Volkssport Association convention held in Sacramento, Calif., June 23-July 1.

Nine members of the Volkssport Club of West Point were among the more than 700 walkers from all 50 states and Sweden, Japan and Canada.

Eleven walks were scheduled with walkers choosing trails from five-to-12 kilometers and ranging in difficulty from easy (#1) to moderate (#3) to difficult (#4).

The convention opened with a walk in Folsom, site of the famous prison, as well as the terminus of the Sacramento Valley Railroad and a Pony Express Station.

The second day took walkers to Squaw Valley where the flame from the 1960 Olympics still burns.

West Pointers remembered this was where former Army hockey coach, Jack Riley, led the USA hockey team to an Olympic gold medal over a highly-rated Russian team.

An additional walk that day was along the shoreline of beautiful Lake Tahoe. In the afternoon those who went for a gondola ride were able to see the smoke from the fires that spread and caused terrible destruction to nearby communities.

The drive through the Napa Valley took us on winding roads through many miles of vineyards to the town of Sonoma. Along with such tourist attractions as wine tasting rooms and cheese factories, Sonoma has many historical landmarks and California's last mission.

The convention theme, "Walk For The Gold," was vividly brought to the walkers' attention at Coloma State Historic Park. This was one of the 3+ rated walks on dirt trails up and down steep hills and had walkers huffing and puffing.

A replica of Sutter's sawmill [where gold was discovered], site of the original mill, restored buildings and artifacts from the Gold Rush era were displayed throughout the park.

Convention goers had a respite as they walked a very easy trail

through the beautiful campus of University of California at Davis. Surprising to all was the part of the trail that went through the veterinary school area with cows, horses and sheep giving us the once over.

A ferry ride took walkers to Angel Island State Park, known as the Ellis Island of the West. This walk has been rated as one of the top 10 in the United States.

A perimeter road takes the walker past many historic sites and presents postcard views of San Francisco Bay.

Those with great stamina could take the trail to the top of 781 foot Mount Livermore for unequalled views of San Francisco.

The highlight and greatly anticipated walk was at the conclusion of the week when we walked over the Golden Gate Bridge and back.

Convention organizers were thrilled that the weather was perfect with no fog to obscure the views.

The convention closed with a banquet and the announcement that Dallas would host the next convention in 2009.



DPW advances to semi-finals

Directorate of Public Works leftfielder Kenny Miller rips a base hit as his team advanced to the North Division Intramural Softball semifinals to face the Office of the Directorate of Intercollegiate Athletics.

DPW, who has the No. 1 playoff seed after going 9-0 during the regular season, advanced by defeating Bldg. 606 in a two-game series sweep, by the scores of 13-3 and 25-15 Tuesday.

Up to date Intramural Softball scores as of Tuesday games can be seen on page 11.

ERIC S. BARTELT/PV

Pittsburgh Penguins & Florida Panthers to visit West Point

In preparation for the upcoming 2007-08 National Hockey League season, the Pittsburgh Penguins and Florida Panthers will spend part of their training camps at West Point practicing at Tate Rink.

The Penguins are scheduled to be here Sept. 24-26 and the Panthers will practice here from Sept. 30 - Oct. 3.

S&F Ultimate Frisbee

Signups for the 2007 Noontime Staff and Faculty Ultimate Frisbee League are due by Aug. 1.

League play will begin Aug. 13. Games will start at 12:15 p.m., Monday through Friday except on Quarterback Luncheon dates for Army Football.

Teams must supply a list of no play dates by the deadline [Aug. 1].

Team wishing to enter or for more information, contact James McGuinness at 938-3066.

Intramural Softball

[As of Tues. games]

PLAYOFF RESULTS

JULY 12

NORTH DIVISION

#2 MEDDAC wins series 2-1
over #7 MP's 2nd Platoon.

Deciding Game

Game 3 -- MEDDAC 20-4.

SOUTH DIVISION

#5 D/LAW wins series 2-0 over
#4 History

Game 1 -- D/LAW 7-0.

Game 2 -- D/LAW 23-13.

MONDAY

NORTH DIVISION

#3 Stewart Marines wins series
2-1 over #2 MEDDAC.

Deciding Game

Game 3 -- Marines 15-8.

SOUTH DIVISION

#1 Math wins series 2-0 over
8 Engineers.

Game 1 -- Math 13-12 [8 Inn.]

Game 2 -- Math 19-9.

TUESDAY

NORTH DIVISION

#1 DPW wins series 2-0 over
#8 Bldg. 606.

Game 1 -- DPW 13-3.

Game 2 -- DPW 25-15.

SOUTH DIVISION

#3 Dean/DOL wins series 2-1
over # 6 DOIM.

Deciding Game

Game 3 -- Dean/DOL 8-7.